

Day of Week:						
Top 3 tasks for today that will progress your goals						
Morning Mindset						
Today I choose...						
Something good that is going to happen today						
I am grateful for:						
Evening Reflection						
Today I accomplished:						
A situation that was stressful today and how I could have dealt with it or prevented it.						
Today I learned or realized...						
Was I as focused as I wanted to be and if not how can I improve?						
How did I make today meaningful?						
What did I do to bring joy to the day?						
I could have made today even better if I...						
Habits						
Exercise						
Hydrate						
New habit you built today						
How many hours of sleep						
Connecting with People						
What did you do to connect with someone?						